Building 90

Safety Meeting

15 August 2006

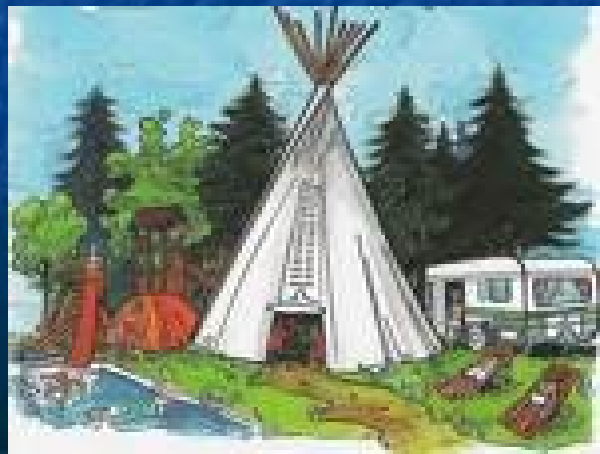
Agenda

- Meeting minutes, dated 07/13/06
- Review of open actions
- Topics of the Month:
  - Labor Day Safety
  - Back to School Safety
  - Miscellaneous Info
- Questions

Meeting Minutes

- Sent via email, 14 July 2006
- Actions:

Labor Day Safety



But First Some History

- Creation of the labor movement
- First proposed by either Peter J. McGuire or Matthew Maguire in 1882
- The first Labor Day holiday was celebrated on Tuesday, September 5, 1882 in New York City

History Continued

- On June 28, 1894 congress passed legislation making the first Monday in September a national holiday
- Historically, Labor Day was used by workers not only to celebrate their accomplishments, but also to air their grievances and discuss strategies for securing better working conditions and salaries
  - Sick Leave
  - Paid Holidays
  - Safer Work Environment

Labor Day Safety

- Reiteration of basic summer safety tips
  - Sports/Outdoor Recreation
  - Swimming/Water Recreation
  - Barbecuing
  - Traveling
  - Home Maintenance

oorts/Outdoor Recreation

- Stretch and warm up before any physical activity
- Drink plenty of water before and during play
- Take breaks as needed
- Avoid excessive exposure to the sun
  - Remember to wear sun block

Swimming/Water Recreation

- Know your abilities and don’t try to exceed them
- Swim in designated areas with a life guard present
- Always wear a life jacket while boating
- Alcohol and water don’t mix!

Barbecuing

- Always grill in a well ventilated area, never grill indoors!
- Keep the grill away from the house and other flammable material
- Use hot gloves to move items around and when picking up serving platters
- Keep small kids away from the grill area
- Always keep a fire extinguisher handy

Traveling

- Pre-inspect your vehicle to make sure it is in good working order
- Use good defensive driving skills, pay attention to the roadway, get plenty of rest
  - Watch out for the other guy!
  - Wear your seatbelt
- Plan to stop every two hours to get out and stretch
- Never drink and drive!

Home Maintenance

- Inspect your home for safety hazards
  - Check or install smoke detectors
- Follow the manufacturer's safety recommendations
- Inspect power cords for cuts, frays and broken plugs
- Practice ladder safety
  - Use the 4:1 ratio
- Use PPE

PPE Could Save Your Life

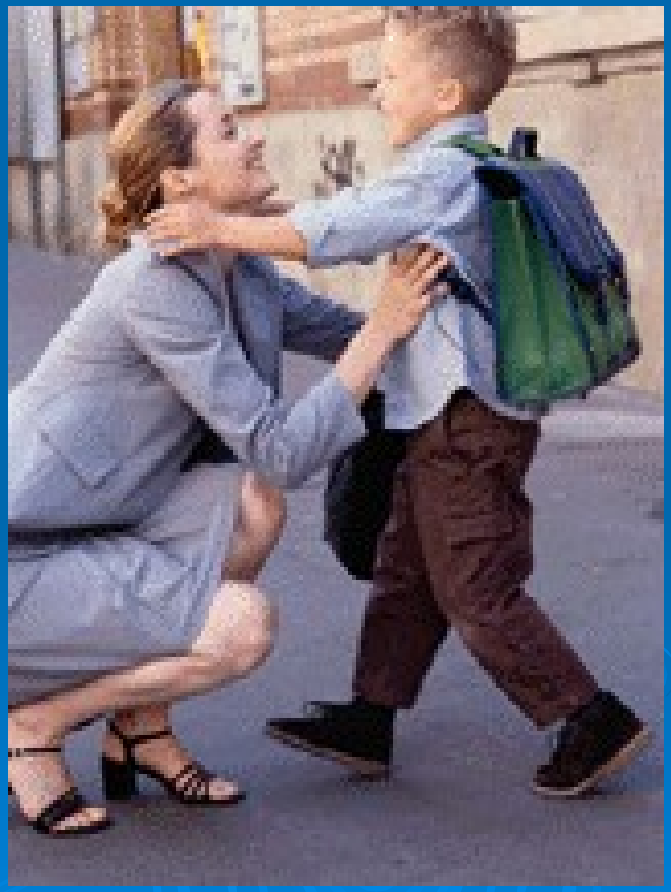
PPE Could Save Your Life

- Proper PPE is just as important at home as at work
- Safety shoes, safety glasses, hearing protection and long pants are the recommended PPE for mowing your lawn
- A brimmed hat with good perspiration absorption capability is a good idea as well

Back to School Safety

MAKING THE FIRST DAY EASIER

- Remind your child that he/she is not the only student who is a bit uneasy about the first day of school.
- Point out the positive aspects of starting school:
  - It will be fun.
  - He / She will see old friends and meet new ones.
  - Refresh his / her memory about previous years.
  - Find another child in the neighborhood with whom your youngster can walk to school or ride with on the bus.
  - If you feel it is appropriate, drive your child (or walk with him / her) to school and pick her up on the first day.



BACKPACK SAFETY

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light.
- Organize the backpack to use all of its compartments.

BACKPACK SAFETY

- Pack heavier items closest to the center of the back.
- The backpack should never weigh more than 10 to 20 percent of the student's body weight.
- Always use both shoulder straps.

TRAVELING TO AND FROM SCHOOL

School Bus

- **Wait for the bus to stop before approaching it from the curb.**
- **Do not move around on the bus.**
- **Check to see that no other traffic is coming before crossing.**
- **Make sure to always remain in clear view of the bus driver.**

TRAVELING TO AND FROM SCHOOL

Car

- **All passengers should wear a seat belt.**
- **All children under 13 years of age should ride in the rear seat of vehicles.**
- **Remember that many crashes occur while novice teen drivers are going to and from school.**

TRAVELING TO AND FROM SCHOOL

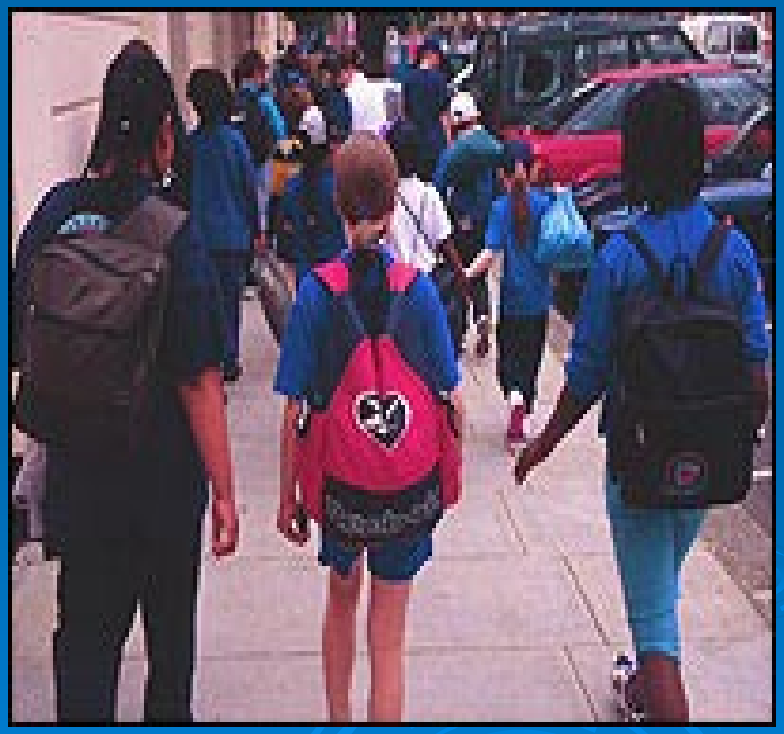
Bike

- **Always wear a bicycle helmet.**
- **Ride on the right, in the same direction as auto traffic.**
- **Use appropriate hand signals.**
- **Respect traffic lights and stop signs.**
- **Wear bright color clothing to increase visibility.**

TRAVELING TO AND FROM SCHOOL

Walking to School

- Make sure your child's walk to school is a safe route.
- Be realistic about your child's pedestrian skills.
- Bright colored clothing will make your child more visible to drivers.



BEFORE AND AFTER SCHOOL CHILD CARE

- A responsible adult should be available to get them ready and off to school in the morning.
- Children approaching adolescence (11- and 12-year-olds) should not come home to an empty house.

BEFORE AND AFTER SCHOOL CHILD CARE

- If alternate adult supervision is not available, parents should make special efforts to supervise their children from a distance.
- Children should have a set time when they are expected to arrive at home.

High School Students

- Teach them to always buckle-up and require everyone else in the car to buckle-up as well.
- Remind them to always obey the speed limit.
- Choose a safe car for teens to drive—remember large cars are safer than small ones.
- Enforce no-drinking-and-driving rules.

College Students

- The number one crime on college campuses is theft.
- One-out-of-every 10 college students will be robbed while away at school.
- Remind students to always lock dormitory doors.

College Students

- Students should not to keep large amounts of money or jewelry in their rooms.
- Have students mark personal property, such as book-bags and CDs, with identifiable marks.
- Check auto insurance if your child takes a car to school to be sure no additional coverage is needed.

BULLYING

- ***Bullying is when one child picks on another child repeatedly.***
- ***Usually children being bullied are either weaker or smaller, shy, and generally feel helpless.***
- ***Bullying can be physical, verbal, or social.***
- ***It can happen at school, on the playground, on the school bus, in the neighborhood, or over the Internet.***

BULLYING

When Your Child Is Bullied

- **Help your child learn how to respond by teaching your child how to:**
  - **Look the bully in the eye.**
  - **Stand tall and stay calm in a difficult situation.**
  - **Walk away.**

BULLYING

- Teach your child how to say in a firm voice.
  - "I don't like what you are doing." Look the bully in the eye.
  - "Please do NOT talk to me like that."
  - "Why would you say that?“
- Teach your child when and how to ask for help.

BULLYING

- Encourage your child to make friends with other children.
- Support activities that interest your child.
- Alert school officials to the problems and work with them on solutions.
- Make sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.

BULLYING

When Your Child Is the Bully

- Be sure your child knows that bullying is never OK.
- Set firm and consistent limits on your child's aggressive behavior.
- Be a positive role model.

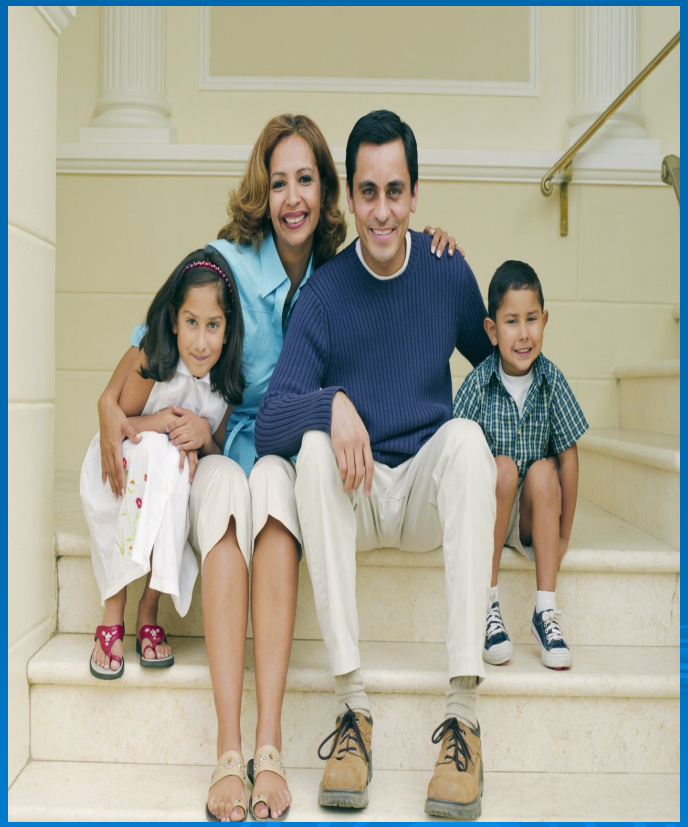
BULLYING

- Show children they can get what they want without teasing, threatening or hurting someone.
- Use effective, non-physical discipline, such as loss of privileges.
- Develop practical solutions with the school principal, teachers, counselors, and parents of the children your child has bullied.

BULLYING

When Your Child Is a Bystander

- Tell your child not to cheer on or even quietly watch bullying.
- Encourage your child to tell a trusted adult about the bullying.
- Help your child support other children who may be bullied.
- Encourage your child to join with others in telling bullies to stop.



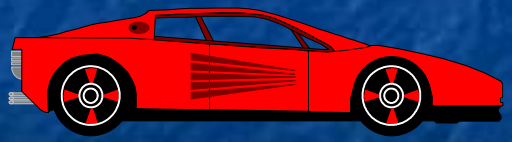
BULLYING

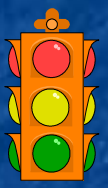
"You cannot solve the problem with the same kind of thinking that created the problem."

—Albert Einstein
Physicist (1879-1955)

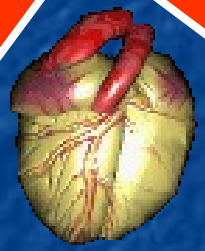
Miscellaneous

Let's say it's 6.15pm and you're driving home (alone of course) after an unusually hard day on the job.
You're really tired, and frustrated……





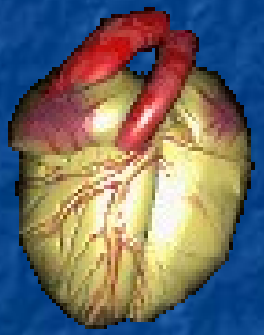
YOU ARE REALLY STRESSED AND UPSET ....



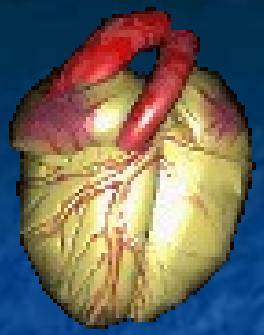
Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only five miles from the hospital nearest your home. Unfortunately you don't know if you'll be able to make it that far

HOW TO SURVIVE A HEART ATTACK WHEN ALONE?

SINCE MANY PEOPLE ARE ALONE WHEN THEY SUFFER A HEART ATTACK, WITHOUT HELP, THE PERSON WHOSE HEART IS BEATING IMPROPERLY AND WHO BEGINS TO FEEL FAINT, HAS ONLY ABOUT 10 SECONDS LEFT BEFORE LOSING CONSCIOUS



WHAT TO DO ??



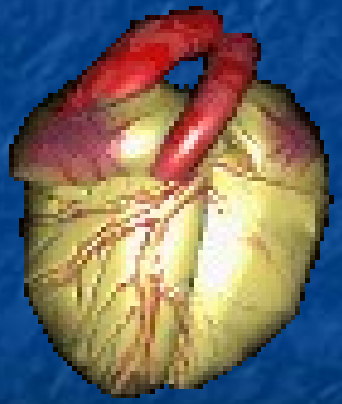
ANSWER:

DO NOT PANIC, BUT START COUGHING REPEATEDLY AND VERY VIGOROUSLY.

A DEEP BREATH SHOULD BE TAKEN BEFORE EACH COUGH, THE COUGH MUST BE DEEP AND PROLONGED, AS WHEN PRODUCING SPUTUM FROM DEEP INSIDE THE CHEST.

A BREATH AND A COUGH MUST BE REPEATED ABOUT EVERY TWO SECONDS WITHOUT LET-UP UNTIL HELP ARRIVES, OR UNTIL THE HEART IS FELT TO BE BEATING NORMALLY AGAIN.

DEEP BREATHS GET OXYGEN INTO THE LUNGS AND COUGHING MOVEMENTS SQUEEZE THE HEART AND KEEP THE BLOOD CIRCULATING. THE SQUEEZING PRESSURE ON THE HEART ALSO HELPS IT REGAIN NORMAL RHYTHM. IN THIS WAY, HEART ATTACK VICTIMS CAN GET TO A HOSPITAL



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DON'T EVER THINK THAT YOU ARE NOT PRONE TO HEART ATTACK IF YOUR AGE IS LESS THAN 25 OR 30. NOWADAYS DUE TO THE CHANGE IN LIFE STYLES, HEARTATTACKS ARE FOUND AMONG PEOPLE OF ALL AGE GROUPS.

BE A FRIEND AND PLEASE SEND THIS ARTICLE TO AS MANY FRIENDS AS POSSIBLE

Accident Reporting and Investigation

- New guidance concerning the Garrison Manager's Policy on Accident Reporting and Investigation
  - Policy Memo A-21
- Path: Public Folders/All Public Folders/RIA/RIA CDR Policy Book
- No lost times this FY!

A Smoking Problem?

The following smoking receptacle was found outside Building 211 on Saturday, 5 August

08/07/2006

08/07/2006

08/07/2006

Not for the squeamish...

Russian Tunnel

- Longest in-city tunnel of Europe.
  - 3150 m
- A river runs over it and leaks in some spots.
  - During the winter it tends to freeze.
- The following is taken during a single 24 hour period with the tunnel cameras.

Russian Tunnel.wmv

Next Meeting

- 12 September 2006
- 1300
- Building 90 - 2nd Floor Conference Room

Questions?